Vancouver metro

MONDAY, OCTOBER 31, 2016

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Canadians think that bone loss begins around age **45**

IN FACT

BOTH MEN AND WOMEN BEGIN TO LOSE BONE MASS IN THEIR **MID-THIRTIES.**

85% of Canadians don't know that osteoporosis has no symptoms.

IN FACT

THE FIRST SYMPTOM IS OFTEN A BROKEN BONE.

65% of Canadians don't think osteoporosis is a fatal disease.

IN FACT

OVER **30%** OF PEOPLE WHO SUFFER A HIP FRACTURE **WILL DIE** WITHIN THE FOLLOWING YEAR.

Canadians think only **47%** of broken bones after 50 are due to osteoporosis.

IN FACT

AT LEAST **80%** OF FRACTURES AFTER 50 CAN BE ATTRIBUTED TO OSTEOPOROSIS.

85% of Canadians don't know that osteoporosis fractures are more common than heart attacks, stroke and breast cancer.

IN FACT

FRACTURES FROM OSTEOPOROSIS HAPPEN MORE OFTEN THAN HEART ATTACK + STROKE + BREAST CANCER **COMBINED.**

52% of Canadians don't know that osteoporosis **can't** be cured.

IN FACT

OSTEOPOROSIS CAN ONLY BE TREATED. THERE IS NO CURE. PREVENTION IS KEY.

66% of Canadians think it's possible to get enough calcium from foods other than milk products.

IN FACT

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HOW TO KEEP YOUR BONES HEALTHY

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Survey stats from Ipsos, 2016

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Vancouver metro

EU TRADE DEAL
Now the real work begins
metroNEWS

Your essential daily news | MONDAY, OCTOBER 31, 2016

High 10°C/Low 8°C Spooky rain

Ashley Brooks, now head brewer at Big Ridge Brewing Co., prepares a batch of beer at the Surrey craft brewery. JENNIFER GAUTHIER / METRO

MASTER BREW

Kwantlen brewmaster grad wins gold at B.C. Beer Awards metroNEWS

Candy map shows trick-or-treaters the way

LOWER MAINLAND

Vancouver analytics company takes guess work out

Wanyee Li
Metro | Vancouver

Not sure how much candy to stock up for trick-or-treaters? Don't know which neighbourhood will be the busiest on Halloween night? There's a map for that.

Vancouver-based data analytics company MountainMath has created several maps to take the guess work out of trick-or treating this year, whether you are trick or treating or handing out candy.

East Vancouver neighbourhoods, including Mount Pleasant, Fraserview and Sunset will likely be hot spots for trick-or-treating, according to a map, created by MountainMath founder, Jens von Bergmann. Those neighbourhoods have the densest population of children between the ages of five and 14.

Meanwhile, Surrey residents and those handing out candy in Vancouver's Dunbar and Sunset neighbourhoods will be hit hardest by trick-or-treaters, based on the ratio of children to homes.

But numbers can't take everything into account, the mathematician admitted.

"The map doesn't take everything into consideration. Things like how well houses are decorated. Some places have amazing decorations year after year and attract kids from the surrounding area," said von Bergmann.

The maps on CensusMapper use 2006 and 2011 census data and moves everything five years forward to create a more accurate picture of what Metro Vancouver's neighbourhoods in 2016 look like.

Overall, the number of children has increased in Surrey and decreased in Vancouver, said von Bergmann.

The maps can prove interesting for mathematicians, demographers, and even the casual observer, he said.

"For me, its more of a thing where I'm also looking at it with the perspective of curiosity — just where in Metro Vancouver the kids live?"

More changes will likely show up in the yet-to-be-released 2016 census data, including a population boom in the Olympic Village area, he said. In 2011, developers were still struggling to convince people to buy condos in the neighbourhood. That is no longer the case.

"(Olympic Village) is an area that has changed a lot. It has a lot more kids now."

That trend falls in line with another pattern von Bergmann and housing experts see.

"Our model shows that single family neighbourhoods will continue to decline. Young families can't afford (it) anymore," he said.

"More and more (families) are moving into the townhouse and low-rise type of setting. I think that is something we will probably see more often in the new data."

Von Bergmann says he is eagerly awaiting the release of 2016 census data in the coming months.

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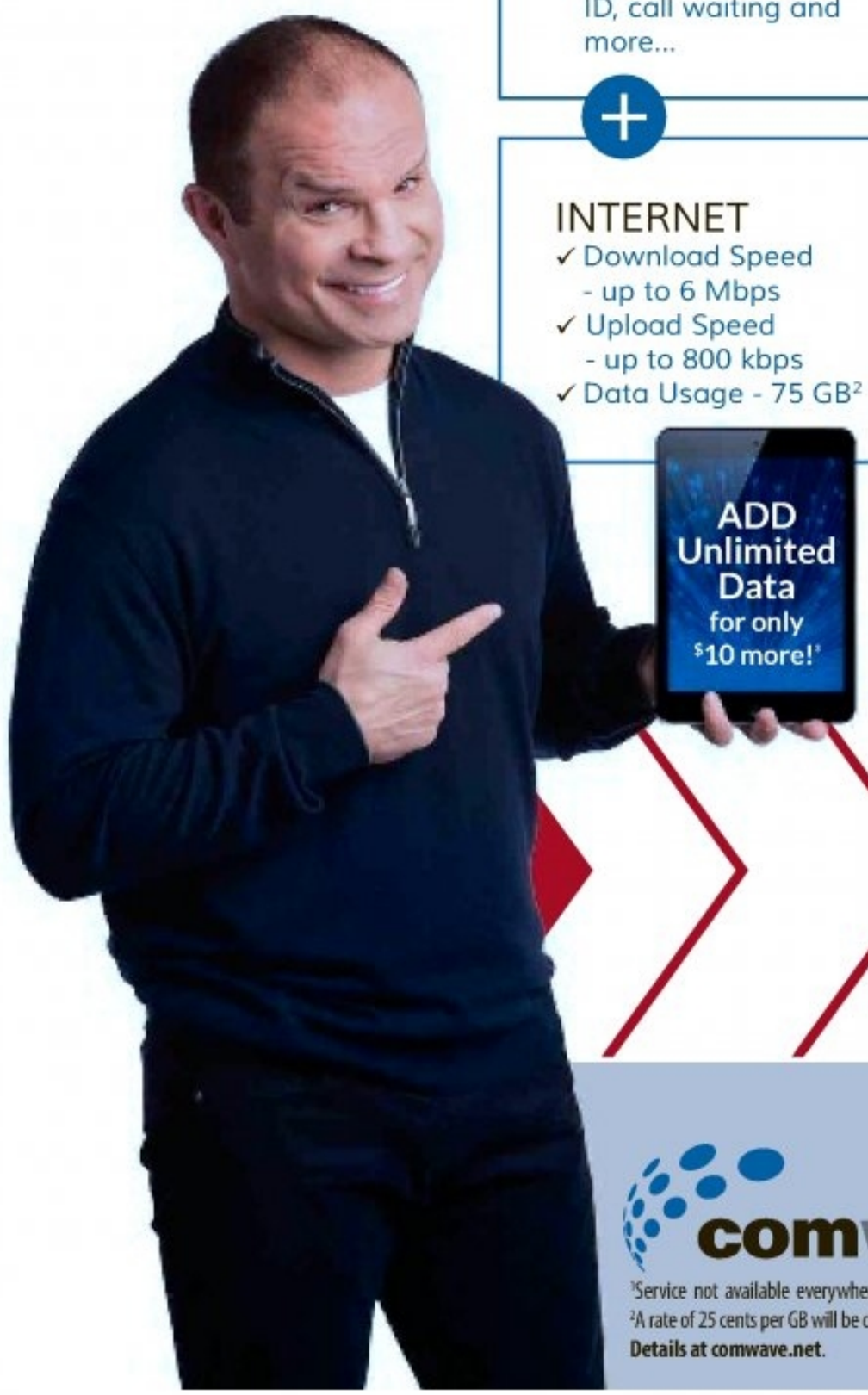

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metro NEWS

Your essential daily news

'A piece of Italian identity is at stake,' Premier Matteo Renzi says after powerful quake. **World**

Readers home in on affordability issues

CODE RED HOUSING CRISIS

Metro's series ignites much debate among city's residents

Matt Kieltyka
Metro | Vancouver

We hear you. Over the last eight weeks, Metro Vancouver and Generation Squeeze have partnered for a multi-part feature on how Vancouver's housing affordability crisis is affecting young people.

The final instalment of the Code Red series last Friday profiled people who have mobilized and become politically involved for the first time in their lives to create change.

Along the way, we've highlighted people's personal experiences and asked readers for feedback on a number of Code Red proposed solutions — from taxing housing wealth, revisiting city zoning and increasing incentives for rental stock to subsidizing child care for young families so they can better afford a mortgage.

Readers haven't been shy about sharing their thoughts, and Generation Squeeze founder Paul Kershaw said the feedback was put to good use last week when the generational inequality think-tank hosted a one-day event with various stakeholders.

Vancouver metro
Everything you need to know about the Fix
MORTGAGED WITH CHILDREN
CODE RED HOUSING CRISIS
Prices just half the battle for B.C. families metroNEWS
SILENCED BY TROLLS
EMBRACE THE NASTY

Metro's Oct. 21, 2016 edition with a Code Red cover story on the additional cost pressures facing B.C. families that makes home ownership even more difficult. METRO

"You've seen in this series regular Vancouverites who have stood up and told their story," said Kershaw. "Readers at Metro took the time to provide feedback on housing generally, and engaged over the last eight weeks on some of the policy ideas we put out there as a conversation starter. Some people liked it, some people didn't like what we were saying and we brought a lot of the feedback into the room."

Kershaw said the series has helped young adults realize they're not alone.

"It's showing people throughout this region that they're not individually failing, they not doing something wrong and that something much bigger is going on," he said.

On the right are some of the letters we received from readers. Metro would like to thank everyone that participated in this unique project.

WHAT METRO READERS SAID...

"I would like to point out that this crisis does not only affect the younger generation. This crisis affects us all. We all want to be able to afford a good quality of life. Housing and energy costs are too high. One of the solutions that may have a good and lasting impact is something I have heard of that is similar to a housing co-operative. Literally any combination can be created based on a specific demographic. Young families, seniors, everyone." **-Lynn**

"I just read the article on taxing based in wealth versus income. From my immigrant parents perspective it is a deeply disrespectful proposal. They worked low-paying, 12-hour, six day a week jobs to scrimp and save to pay off their house. Now you are asking them to shoulder the cost of others by paying more tax just because of how housing prices have risen outside of their control. If policy makers were more thoughtful, we would not be in this current situation." **-Junyee**

"In school I learnt that the basic needs for life were food, shelter and clothing, but looking at B.C., housing (shelter) seems to be a luxury item. My biggest concern is that it is taking the government a very long time to intervene in the housing crisis. I may not fully agree with the idea of taxing homes because a home has been the traditional way that individuals have invested their money. However, I suggest that the government can control how much the value of a house can grow in a year." **-Joshua**

"When I was evicted and went looking for a new place I was appalled at what was out there. My rent goes up every year with no upgrades and minimal repairs! I hope the movers and shakers of our beautiful city take this issue seriously and make some serious changes." **-Louise**

"I am a single 30-year-old female with B.Sc. working as a lab technician at UBC, Point Grey campus. I make $50,000 a year and with only a single income, I can't afford a decently sized apartment near my workplace. My living situation would be greatly enhanced if only transit through Vancouver is any faster than what it is now. So while we talk about the extraordinary high prices of homes, why aren't we linking and talking about the necessity of rapid transit cutting through Vancouver that'll allow more people to spread out into the suburbs? Efficient transit and real estate are not mutually exclusive issues in Vancouver — they go hand in hand." **-Jenny**

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HUDSON'S BAY

Mom's search brings her to B.C.

MISSING PERSON

Family gets multiple tips teen spotted in Vancouver

Matt Kieltyka
Metro | Vancouver

A Saskatchewan mother is searching the streets of Vancouver for her missing teenage daughter, Mekayla Bali, who disappeared earlier this year.

According to RCMP, Bali, 17, was last seen April 12 at a bus depot in her hometown of Yorkton, Sask. — staff say she did not board a bus there — after leaving school early that day.

She also visited a Tim Horton's twice and a pawn shop that morning.

Police and her family have spent months in search of Bali, but have not been able to track her down nor identify a person of interest who may have been with her at the time.

The long, painful search has brought Mekayla's mom, Paula Bali, to Vancouver three times this month after the family received several promising tips she may have been spotted near Granville Street and St. Paul's Hospital in downtown Vancouver and around Metrotown in Burnaby.

Seventeen-year-old Yorkton, Sask., Mekayla Bal has been missing since April 12. COURTESY PAULA BALI

"There have been tips that have very consistently been coming in from this area," Paula told Metro.

She hopes Metro Vancouver residents can help find her daughter.

"When we went to school to pick her up and she wasn't there, my heart fell to my shoes because this isn't anything like my daughter has ever done before," Paula said.

"She's had zero contact with anyone. She hasn't contacted her friends, never used her debit card, never used her phone, has never been online as far as (police) can tell. Just nothing. It's honestly a mystery. I need to make sure that she is OK."

Paula has been putting up missing posters around the Lower Mainland and stopping strangers to show them pictures of her daughter.

Paula said she's been heartened by people's kindness and willingness to take time out of their commutes to speak to her but her efforts have yet to find Mekayla.

Not knowing what happened to her has devastated the Bali family, especially Mekayla's younger brother, 9, and sister, 8.

"I would say that's probably the most difficult part of her disappearance, helping her brother and sister cope with a situation I can't even understand, never mind having them be able to process. I don't have any answers," Paula said. "Every special occasion that goes by is devastating. We don't celebrate birthdays anymore. We didn't celebrate Thanksgiving. We're just really focused on what happened to her."

Mekayla Bali is described as a 17-year-old white female, approximately five-foot-two and 114 pounds with blonde hair and blue eyes.

She sometimes wears dark rimmed glasses and a teal infinity scarf.

A person of interest she was seen with in Yorkton, Sask., is described as a male between 40 and 50 years old, between five-foot-10 and six-foot-two, with a stocky, medium build and muscular arms.

He had dark hair and was wearing a dark navy vest jacket.

He has a tattoo of a cross with flames below his left elbow and a scratch below his left eye.

Anyone with information is asked to call their local police department or Crime Stoppers at 1-800-222-8477.

People with tips can also call the Missing Children Society of Canada at 1-800-661-6160 or visit a website the family created at www.bringmekaylabalihome.com.

Paula said a reward is offered for her safe return.

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Apprentice becomes a master as Big Ridge brews up a storm

CRAFT BREWING

Ashley Brooks savours sweet taste of success after beer gold

David P. Ball
Metro | Vancouver

Ashley Brooks, a graduate of B.C.'s first multi-year beer diploma is hopping with joy after winning gold for one of her brews this month.

The 30-year-old head brewer at Surrey's Big Ridge Brewing isn't bitter in the slightest — unlike her award-winning Clover India Pale Ale. The beer is 65 IBU (International Bitterness Units) and a tipsy 6.5 per cent alcohol by volume.

"I was pretty ecstatic," she told Metro about learning one of her brews had been shortlisted prior to the B.C. Beer Awards on Oct. 15.

"I was wracking my brain to find out which of my submissions it was going to be for!"

She described her winning IPA, brewed using English malts, as having a "nice backbone from the West Coast hops that we use," with notes of pine and grapefruit.

Brooks beat 16 other submissions in the English Pale Ale category, topping second-place Nelson Brewing and Strathcona in third.

"We have such a great craft beer community in the Lower Mainland," she said. "I love coming up with new ideas.

"You're constantly trying different beer styles, seeing what's working for people, and talking to other brewers … It's great to have comrades to help out; the brewing community is nice like that."

Kwantlen Polytechnic University (KPU) started offering its two-year diploma in Brewing and Brewery Operations at its Langley campus in 2014.

Brooks, part of the first graduating class, said the program's simultaneous work placement — which she completed at Yaletown Brewing — helped her land the head brewer position at Big Ridge, a Surrey brewpub that became the city's first in 1999.

"I learned a lot of the science behind brewing at KPU with hands-on experience as well," she said.

"Being in the brewery setting at the same time and getting that responsibility and more experience tracking fermentation really helped get me the head brewing position before I even graduated."

It's not Brooks' first award, either. Earlier this year, Big Ridge's 152 Lager won silver medal for Light Standard beer at the Vancouver International Craft Beer Awards.

"It's exciting to see this level of success from our first cohort of brewing grads," said Kwantlen science and horticulture dean Betty Worobec in a statement.

Other alumni of the program have also found jobs at some of the region's top craft breweries, including 2016 BC Beer Award-winners Parallel 49, R&B Brewing, Main Street Brewing, Red Truck, Yellow Dog and Central City Brewers.

Steamworks Brewing pick up the most awards this year, including the overall Best in Show for its Flagship IPA.

Kwantlen graduate Ashley Brooks, now head brewer at Big Ridge Brewing Co., prepares a batch of beer at the Surrey craft brewery, which won an award for its Clover IPA on Oct. 15. JENNIFER GAUTHIER / METRO

> "You're constantly trying different beer styles, seeing what's working for people, and talking to other brewers … It's great to have comrades to help out; the brewing community is nice like that.
>
> Ashley Brooks, right, Big Ridge Brewing Co.

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Outside force to vet arrest of seniors

POLICING

Video appears to show man being dragged down staircase

An outside police force has been called in to look at how Mounties handled an arrest of two seniors that was captured on a video now circulating online.

A statement from the RCMP on Saturday said New Westminster police have been asked to conduct an investigation that will look at the entire incident, including the actions of Coquitlam RCMP.

The video posted on YouTube appears to show an officer dragging a man down a staircase while another officer arrests a woman, who appears to fall at one point.

Sgt. Jeff Scott, a spokesman for New Westminster Police, said no formal complaint about the incident had been filed when the RCMP requested an investigation.

Scott said it's not uncommon for an external agency or department to be called in to investigate an incident where police are involved.

"Our department is looking at this and treating this how we would treat any other type of investigation, by being fair to everybody involved and looking at this from a perspective of total objectivity and impartiality," he said.

Investigators will speak to witnesses, the couple who were arrested and review all video footage, including any surveillance footage that is available.

Scott said it's too early to know how long the probe will take or what type of recommendations it may lead to.

Police have already looked into whether communication and language barriers were a contributing factor.

A Korean-speaking New Westminster officer followed up with the couple and determined that they do speak English, Scott said.

In an interview with the CBC, Myung Ju Lee described how he and his wife, Kap Su Lee, were treated by police.

"He grabbed my arm, twisted it, put it behind my back, then kicked me down the stairs from the second floor," he said.

The couple told the CBC they spent the night in the hospital, having received bruises and scrapes.

A statement from RCMP Supt. Sean Maloney said police were called to a hotel in the Vancouver suburb of Coquitlam on Wednesday evening after they received a report that fighting had broken out at a tenants meeting. THE CANADIAN PRESS

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SCHOOLS

Board had become politicized: Report

A special adviser's report looking into the actions of the Vancouver School Board says problems stemmed from some trustees prioritizing their political agendas rather than stewardship of the district.

Education Minister Mike Bernier fired all nine members of the board last week and says two reports that show failures of governance and budgetary practices deepen his lack of confidence in the former board.

"It underlines the fact that stewardship is challenging enough without the distractions created by a focus on political advocacy," Bernier said.

The reports offer a long list of options that trustees could have pursued to balance the budget, including following past recommendations by external reviews that were never implemented.

THE CANADIAN PRESS

Education Minister Mike Bernier fired all nine members of the Vancouver School Board last week. WANYEE LI/METRO FILE

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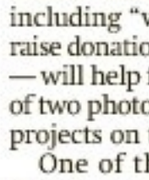

David P. Ball
Metro | Vancouver

More than a thousand joggers warmed up for the race of their lifetimes in Stanley Park on Sunday — the race to beat climate change.

In the process, the estimated 1,300 participants in the second Great Climate Race had raised more than $30,000 for two B.C. solar energy projects.

"It's shockingly nice out for the race," the organization's chair and co-founder Ben West told Metro from his vantage point partway along the route, every few minutes cheering for passing runners. "After it rained all week, I'd prefer to think it's karma, not climate change," he added with a chuckle.

"This event isn't a protest — it's a celebration of what's positive. We need to speed up the transition to renewable energy."

The annual event, in its second year, offers runners the option of a 2.5-kilometre and 10-kilometre course. Funds raised through registrations — including "virtual racers" who raise donations without running — will help fund the expansion of two photovoltaic solar power projects on the coast.

One of the supported projects is northern Vancouver Island's Orca Lab research station. The second is closer to home: boosting Tsleil-Waututh Nation's existing photovoltaic output to 50 megawatt hours a year.

That would make the Burrard Inlet reserve, which has staunchly opposed the expansion of TransMountain's Kinder Morgan bitumen pipeline, the largest solar producer in the region, West noted.

Participants run around Stanley Park during the annual Great Climate Race on Sunday, which raised funds for two solar power projects. HAYLEY LOHN/CONTRIBUTED

> Helping to raise money for something also gives people a sense of connection to alternative and renewable energy. Ben West

"Here's a community that's been at the forefront of the conversation around new pipeline infrastructure in B.C.," he said. "For years they've been trying to make it clear they're not just opposed to them, but are in favour of better alternatives."

The Hallowe'en weekend race drew some runners in costume, including Wonder Woman, several polar bears, and a shirtless man with the head of a lion. Last year's saw participants in superhero outfits, and at least one jogger who somehow managed to race the course dressed as a hot dog.

The run's "positive" vibe, West said as he cheered on a passing runner, is as positive as the organization's finish line — a positive renewable energy future for B.C.

"The world is changing quickly," he said, "but it needs to happen faster."

IN BRIEF

First Nations fear wildlife effected by diesel spill

First Nations say they're afraid that diesel fuel spilled from a sunken tug off British Columbia's central coast is affecting their food supply and other wildlife.

They point to the discovery of dead animals in the area. The tugboat Nathan E. Stewart was carrying over 200,000 litres of diesel when it ran aground and sank about 28 kilometres from Bella Bella on Oct. 13.

A situation report says the volume of the spill is still being calculated based on what has been recovered or cleaned up, but current estimates show 105,000 litres of fuel leaked. The report says wildlife assessment teams have spotted a dead humpback whale, a seal, a sea otter and crabs in the past week.

THE CANADIAN PRESS

Shooting near elementary school leaves two dead

RCMP say two men are dead following a shooting Friday night near an elementary school and park in Surrey.

Police have identified the men as 24-year-old Vikram Toor and 19-year-old Ashim Raza.

The incident occurred just after the province's public safety minister Mike Morris made a statement reassuring the public that police are working tirelessly to try to put an end to a recent string of gang-related violence in the Lower Mainland.

Police have linked two killings and several shootings this month in Metro Vancouver to gang involvement.

THE CANADIAN PRESS

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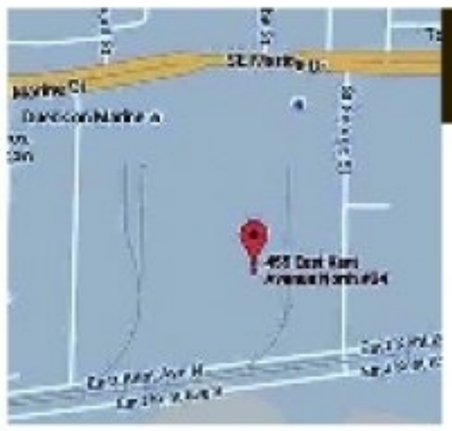

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Alien expert Chris Rutkowski is with the Winnipeg-based Ufology Research. THE CANADIAN PRESS

High time for 'a closer look'

ALTERNATIVE SCIENCE

'UFO guy' long fascinated by unexplained lights in sky

After three decades being known as one of Canada's top UFO experts, Chris Rutkowski doesn't mind a bit of good-natured ribbing now and then.

"People will sometimes give me Marvin the Martian toys for Christmas," says Rutkowski, who researches unidentified flying objects in his downtime from his day job as a University of Manitoba's communications coordinator.

Rutkowski, who is with Winnipeg-based Ufology Research, has long been fascinated by reports of mysterious lights and unusual objects in the sky that defy easy explanation.

"There is a real phenomenon I think is worth scientific study," he says. "It's something I think people should be talking about. It's a wonderful way to think of the universe, our place in the universe."

His interest was first sparked in the 1970s when he was studying astronomy and calls came in about UFO sightings.

"My colleagues in astronomy were simply not interested. They thought it was simply pointless, or hallucinations, or people were just seeing things, spots before their eyes."

"I was curious what people were actually seeing and experiencing so I took the calls."

Eventually Rutkowski, 57, came to be considered "Canada's UFO guy," giving lectures and penning several books about the phenomenon.

He says there are more than 1,000 UFO reports in Canada a year. He figures about 95 per cent of the sightings he investigates can be explained. The strange objects often turn out to be airplanes, satellites, fireballs or — more recently — drones.

Rutkowski says the snapshot UFO reports provide of society is almost as fascinating as the UFO phenomenon itself.

"If there isn't a physical phenomenon, there's at the very least a psychological or a sociological phenomenon, and in any of those cases, science really should be taking a closer look at the UFOs."

THE CANADIAN PRESS

> People are worried about what will happen in their lives so they're looking for creatures from elsewhere to save them. Chris Rutkowski

BRITISH COLUMBIA

Indigenous adults shamed from speaking languages are key to revival

There's a generation of indigenous people across Canada who were once shamed for speaking their own language.

Now, people who didn't learn their mother tongue from their parents are key to saving and revitalizing the languages, British Columbia researchers say.

Two University of Victoria indigenous languages experts whose own parents did not speak their aboriginal languages at home are moving to bridge the language gap with a mentor-apprentice program that teaches adults.

"There were generations of people, my parents and grandparents, who were sent to residential school and forbidden to speak their language and beaten and shamed and ridiculed and punished in all sorts of awful ways," said Peter Jacobs, a UVic linguist and fluent speaker of his Squamish Nation language.

"A lot of those people who came out of that school system chose not to teach their children the language," he said. "My dad doesn't speak Squamish as his first language for that very reason. That caused a big disruption."

The program focuses on adults learning an indigenous language by being paired with a fluent speaker who is a mentor. The teacher and student are immersed in a curriculum where classes could involve hunting expeditions or family chores but are conducted entirely in the indigenous language.

THE CANADIAN PRESS

Conjugal visits help offenders reintegrate

JUSTICE SYSTEM

Program increases public safety, experts say

Lee Chapelle has fond memories of spending afternoons with his wife in the mid-1990s, barbecuing in a small yard while his young children played in the grass and mimicked the cows' moos as the animals grazed in a nearby field.

Were it not for the five-metre, barbed-wire penitentiary fence interrupting the view, the scene could easily have been mistaken as an everyday family experience.

Between 1991 and 2010, Chapelle spent about 15 years behind bars for property theft. On more than a dozen occasions over that period, his young family was able to spend as many as three days at a time living with him.

Lee Chapelle and his wife Christine Jones, daughter Lindy-Ann and son Kyle Lee, sit on a couch inside a "trailer" at Joyceville Penitentiary on their wedding day in June, 1992. THE CANADIAN PRESS

The stays are linked to a long-standing program aimed at increasing the chances of inmates successfully reintegrating into society after their release.

"It was a really big motivation to come home to my family to be able to spend time with my newborn baby and realize just how much was out there and just how much I wanted to be with them," Chapelle said.

Some experts say Canada's so-called private family visit program, which began in 1980 as a pilot project, plays an important role in rehabilitating offenders, and also provides corrections officers with a useful tool for encouraging good behaviour from inmates.

The program has received recent attention after a media report that Kelly Ellard, a notorious killer in British Columbia, is eight months pregnant following a conjugal visit from her boyfriend.

Lisa Kerr, a law professor at Queen's University in Kingston, Ont., said the program recognizes that the majority of federal inmates will be released and that it is in society's best interest to make that process as successful as possible.

THE CANADIAN PRESS

NOVA SCOTIA

Charges could be laid in deadly hunting accident

Zane Woodford
Metro | Halifax

Police in Nova Scotia say it's too early to rule out charges after a 52-year-old man from Halifax was killed in a hunting incident that took place on Big Tancook Island in Mahone Bay.

"Two individuals were out hunting deer when one was shot," said RCMP spokesperson Cpl. Andrew Joyce, who said the two men knew each other, but were not out hunting together.

Asked whether charges were expected, Joyce said it's too early in the investigation to say, but added that police would be looking into firearm charges.

He said the man involved is being co-operative, and was questioned and released over the weekend.

Joyce wouldn't say incidents like these are common, but said "it does happen from time to time."

IN BRIEF

Unpaid fees ground plane

A commercial jet was grounded at the airport in St. John's under a court order preventing takeoff until National Airlines takes care of the payments it owes the airport authority.

St. John's International Airport Authority issued a statement Sunday saying the aircraft had been sitting idle since Friday and will not leave until the operator pays its outstanding fees.

THE CANADIAN PRESS

Man accused of setting his own house on fire

A Newcastle, Ont., man has been charged with arson after police allege he set his own home on fire earlier this year. The fire broke out on the evening of April 21 and police say it caused roughly $400,000 in damage to the house and its contents.

Ross Hickey turned himself in Wednesday and has been charged with arson. THE CANADIAN PRESS

Italy's 'soul is disturbed'

NATURAL DISASTER

Powerful quake strikes at nation's identity

An aerial view of the destroyed town of Amatrice as an earthquake with a 6.6 magnitude struck central Italy on Sunday. THE ASSOCIATED PRESS

This handout released by Italian broadcast channel Sky Tg24, shows firefighters helping nuns in Norcia after the quake on Sunday. SKY TG24/AFP/GETTY IMAGES

The third powerful earthquake to hit Italy in two months spared human life Sunday, but struck at the nation's identity, destroying a Benedictine cathedral, a medieval tower and other beloved landmarks that had survived the earlier jolts across a mountainous region of small historic towns.

Lost or severely damaged in the shaking were ancient Roman walls, Gothic and Baroque churches and centuries-old paintings crushed beneath tons of brick, sandstone and marble.

vvsaid the nation's "soul is disturbed" by the series of quakes, starting with the deadly Aug. 24 event that killed nearly 300 people, two back-to-back temblors on Oct. 26, and the biggest of them all, a 6.6-magnitude quake that shook people out of bed Sunday morning. It was the strongest quake to hit Italy in 36 years.

There were no reports of fatalities — a fact attributed to the evacuation of sensitive areas and fragile city centres. Some 3,600 people had been moved to shelters, hotels and other temporary accommodations after last week's quakes. Many who stayed behind were sleeping in campers or other vehicles, out of harm's way.

Renzi vowed to rebuild houses, churches and businesses, saying, "a piece of Italian identity is at stake at this moment."

"Feeling the earth collapse beneath your feet is not a metaphorical expression, but it is what happened this morning, and half of Italy felt this," Renzi said.

The quake struck another painful blow to the rich artistic heritage of villages that dot the Apennine Mountains.

The worst damage was reported in Norcia, a town in Umbria closest to the epicenter. Two churches were destroyed — the 14th century Basilica of St. Benedict, built on the traditional birthplace of St. Benedict, founder of the Benedictine monastic order; and the Cathedral of St. Mary Argentea, known for its 15th century frescoes. Only the cracked facades were still standing, with most of the structures disintegrating into piles of rubble and dust.

Television images showed nuns rushing into the main piazza as the bell tower appeared on the verge of collapse. Later, nuns and monks knelt in prayer in the main piazza. A firefighter appealed to a priest to help keep residents calm in an effort to prevent them from looking for loved ones.

When the quake struck, nuns from the Saint Mary of Peace monastery in Norcia were praying and singing hymns. The shaking caused their building to collapse and badly damaged their sleeping quarters. Later, firefighters escorted them back inside to retrieve holy books. Then an aftershock hit.

"But we had courage, because we were in our house and the Lord protects us," one nun said. THE ASSOCIATED PRESS

E-MAILS

Clinton stays on course

Hillary Clinton vowed Sunday that she would not be "knocked off course" in the election's final days, as she sought to push past a new FBI e-mail inquiry in a sexting probe that delivered a late jolt to her race against Republican Donald Trump.

"I'm not stopping now, we're just getting warmed up," Clinton declared during a packed rally with gay and lesbian supporters in battleground Florida. "We're not going to be distracted, no matter what our opponents throw at us."

Trump campaigned in Las Vegas at a casino owned by billionaire GOP megadonor Sheldon Adelson and accused the justice department, without offering evidence, of trying to protect Clinton following the FBI's discovery of new e-mails that could be related to its investigation into Clinton's use of a private e-mail server.

Clinton's advisers and fellow Democrats pressured FBI Director James Comey anew to release more details about the e-mails, including whether Comey had even reviewed them himself. The message was aimed at gathering more information about what the bureau is seeking from a computer that appears to belong to disgraced former New York Rep. Anthony Weiner, the estranged husband of Huma Abedin, one of Clinton's closest advisers. THE ASSOCIATED PRESS

FRANCE

Makeshift migrant church in Calais holds final service

With poignant prayers, scores of migrants attended the final service Sunday at a makeshift church in what remains of the squalid camp in the French port of Calais.

Mainly Eritrean migrants squeezed into the service at a small Orthodox church erected at the camp that has come to epitomize Europe's struggle to absorb migrants and refugees.

The church is one of many handmade structures — including mosques, schools and shops — that demonstrated the migrants' enterprising spirits and offered them solace amid hardship.

French authorities are evacuating the residents of the so-called "jungle" and razing its tents and shanties, which housed up to 10,000 people at its height. The slum-like conditions at the camp became an embarrassment to the French government, which is now relocating its residents to sites around France and urging the British government to do more to help.

Calais, a gateway to the English Channel, has long been a magnet for migrants from the Mideast and Africa seeking to reach Britain. THE ASSOCIATED PRESS

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European Commission President Jean-Claude Juncker, Canadian Prime Minister Justin Trudeau and EU Council President Donald Tusk at the signing ceremony of CETA at the European Council in Brussels on Sunday. AFP/GETTY IMAGES

Canada, EU sign trade deal at last

ECONOMY

Trudeau says the 'work is only just beginning'

Prime Minister Justin Trudeau revelled in a long-awaited moment Sunday as Canada's free trade deal with the European Union was signed, but not before recognizing the challenges ahead to bring it fully into force.

Trudeau expressed hope that the so-called provisional application of the deal — approved only by the Canadian and European parliaments but not Europe's 28 states and myriad regional governments — might happen within months.

That, said Trudeau, would result in 98 per cent of the deal coming into force. That's much higher than the 90 per cent estimate that most European and Canadian officials have said would accompany provisional application of the Comprehensive Economic and Trade Agreement, known as CETA.

Trudeau had initially expected to sign the deal in Brussels days ago, but the restive Belgian region of Wallonia nearly killed it because its opposition to the pact's investor-state dispute settlement mechanism gave it a veto under Belgium's complicated constitution.

After seven arduous years of negotiation, Trudeau joined presidents of the European Council and European Commission, Donald Tusk and Jean-Claude Juncker, and signed the massive 1,600-page pact and its accompanying strategic partnership agreement.

The road to full ratification remains long. After Trudeau and his EU counterparts took a moment Sunday to revel in the milestone, the prime minister was willing to acknowledge it would take more than ceremony to fully ratify the deal.

"The work is only just beginning right now," Trudeau said.

"It's not just signing the accords, as difficult and important as that is. It's ... the follow-up, that we continue to demonstrate and give tools to small and medium-sized businesses."

With the Liberals and Conservatives both favouring the deal, its approval will sail through Parliament.

The European Parliament must approve CETA, with approval expected to come in early 2017. THE CANADIAN PRESS

"It's not just signing the accords, as difficult and important as that is. It's the follow-up.
Justin Trudeau

TELECOMMUNICATIONS

Commission hearings on 'zero rate' data may shift price plans

Canada's telecom giants go head-to-head this week at hearings that could result in a dramatic change to the way Internet is delivered across the country.

The hearings are being held as new figures show Canadians' appetite for data is ballooning.

The Canadian Radio-television and Telecommunications Commission review, being held in Gatineau, Que., stems from a complaint about Quebecor-owned Videotron over the way it bills customers.

The company launched an unlimited music streaming service in August 2015, allowing its customers to stream music from specific third-party services without it counting toward their monthly data cap, a practice dubbed as zero rating, also known as differential pricing.

The Public Interest Advocacy Centre complained the new service allowed Videotron to discriminate against other music-streaming services that were still subject to data usage fees.

Major service providers including BCE Inc. and Telus Corp. are in favour of the practice, arguing it results in more choice.

Rogers Inc., on the other hand, calls zero rating discriminatory, saying it limits competition.

The CRTC's annual Communications Monitoring Report for 2016, issued last week, gave weight to the importance of the data cap hearings. It revealed that the average amount of data downloaded by Canadians has skyrocketed, with broadband usage increasing 40 per cent from 2014 to 2015, and Canadians downloading an average of 93 gigabytes monthly. Mobile data usage saw an increase of 44 per cent. THE CANADIAN PRESS

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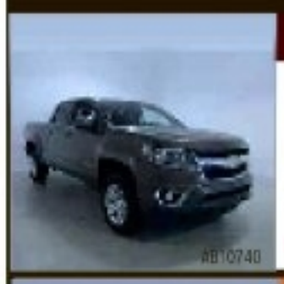
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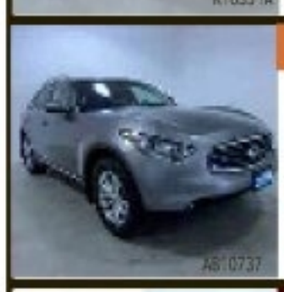
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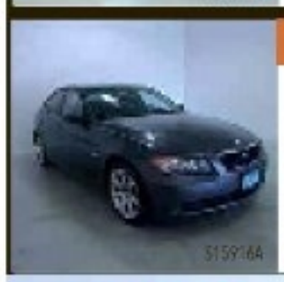
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metro VIEWS
Your essential daily news
Monday, October 31, 2016

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

I knew my boyfriend didn't want kids, but now all I want is a baby with him. I don't want to pressure him. What should I do?

Dear Ellen,

I'm 33 and my boyfriend is 40. He's the greatest guy I've ever met and no one has treated me better. I have a long history of awful boyfriends and failed relationships. So when I met him I was done with romance and only wanted friendship. I knew he didn't want kids (he has a 10-year-old and had a vasectomy) but since we were just friends, I was not thinking babies.

Then I fell in love with him. Now, after two years, all I want is a baby with him. I tried to end things and meet other guys but it didn't feel right and the guys I met didn't compare so we got back together. The time we spent apart made me realize I don't want kids just for the sake of having kids (or I would have kids already). I want a baby with him. I don't want to pressure him but I'm 33 and I'm so ready and I love him! I don't know what to do. Signed, So Confused

Dear So Confused,

Wow. You're in a tough situation and I feel for you. I'm not the sort of person who thinks everyone should have kids. But for people who unequivocally want to reproduce, being denied that experience can feel truly tragic.

If you were desperate to have a baby with or without this guy, I'd say go ahead, put your cards on the table, and let the chips fall where they may relationship-wise.

But your situation is a little different, since you say you don't want a baby for its own sake, but only if you can have one with him. I get that too. Unconditional love for your very own small mammal is a wondrous experience, and sharing that love is a joy you can't overestimate. But it does make your situation more difficult.

No doubt your friends have offered much useless advice. Count your blessings and settle for the relationship you've got. Or: If you have a baby, there's no guarantee you'll stay together and then you'll end up being a single mom instead of a woman in a relationship with the world's most perfect guy. Or: Get a dog. Etc.

I actually agree with all those suggestions. But I also sense you're in no state to accept them. So I'll be more practical.

In terms of etiquette, the answer is simple. Using emotional manipulation to pressure your boyfriend into parenthood (whether it's via vasectomy reversal or adoption) is not considerate or polite. Nor, I hope it goes without saying, is physical force. Rendering your boyfriend unconscious and hiring a back-alley doctor to secretly perform a vasectomy reversal is an absolute etiquette no-no.

Note also that emotional blackmail, like most morally indefensible behaviours, is never pragmatic. You could get a baby out of it, but the negative impact on your relationship might be irreversible and regrettable.

Assuming you have openly and thoroughly discussed this with your boyfriend, your choice seems to come down to: a) staying with him and not having a baby; or b) leaving him and not having a baby.

Either way, you're going to have to come to terms with some disappointment, and the sooner you deal with that, the happier you'll be in the long run.

Using emotional manipulation to pressure your boyfriend into parenthood is not considerate or polite.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Meet the millennials who are not so thrilled with Trudeau's first year

Last week, young protesters at the Canadian Labour Congress turned their backs on Justin Trudeau. I asked two young people — Zoe Luba, 22, a community organizer for the Association of Community Organizations for Reform Now (ACORN) of B.C., and Jerilynn Webster, 32, a rapper from Vancouver — to talk about how Trudeau was doing with young people.

Vicky: What did you think of the protesters?

Jerilynn: Justin Trudeau promised a lot of things and hasn't followed through or has been silent on issues. I really feel like young people are allowed to speak out against him. He hasn't been true to his word, especially through environmental issues like the Site C Dam approval and the LNG approval. Young people are very knowledgeable on climate change and the issues of what's happening in their communities.

Zoe: Any dissent from the status quo should be cherished. It takes a lot to put yourself out there and do something big like turning your back on the prime minister of Canada. It could lead to a lot of backlash.

Vicky: Do you share that sense of disappointment that people are now expressing?

Jerilynn: Yes. (Trudeau's) persona shines so bright. When he was approving projects that affect our environment — not just for First Nations but for all people — that's where the disappointment came in.

Zoe: I appreciate that he's going to First Nations reserves or marching in Pride but I hope that he recognizes that he's only doing those things so the next prime minister actually comes from those identities.... He paves the way. It's easier for him as a white straight cis man to do that. I hope he recognizes that.

Vicky: He's the minister for youth but he's ultimately the prime minister for the next three-plus years. What do you hope to see in Year 2 of his prime ministership?

Jerilynn: There need to be more programs for young people who want to be connected to their culture. I'm talking specifically about indigenous youth. There's a state of emergency for indigenous youth because they're committing suicides at high rates.... Residential schools took away our cultural songs, dances, ceremonies, land and language. So increasing indigenous language funds and youth programing that is connecting youth to those things that residential schools and the Canadian government took from indigenous people.

Zoe: Are we talking about realistically or in a perfect world? In a perfect world, he should remove Canada from the global capitalist system. But is that actually going to happen in the next three years? No.

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Your essential daily news

Rachel McAdams game for Mean Girls sequel if Tina Fey is on board

Long may she reign on Netflix

TELEVISION

Biographical series The Crown hits all the right notes

Shinan Govani
For Torstar News Service

The Crawleys have nothing on the Windsors.

That was just one of my ascendant thoughts when making my way through the lavish new series The Crown, making its world premiere on Netflix Nov. 4.

Though many are a-purr about it being a substitute show for those who miss their regular dosage of Julian Fellowes — Crownton Abbey, if you will — it is and isn't.

Yes, you've got all the trappings of period porn — the jewels! The getups! The table-settings! A scene of galloping horses running along the sea against a soupy grey sky right out of a J.M.W. Turner watercolour!

And yet, this 10-part Netflix offering — written by Peter Morgan, who also scripted The Queen, with Helen Mirren — is more like the stepchild spawn of Downton Abbey and House of Cards.

Where Downton was always a Ferrero Rocher of a series — a place where family and hearth ruled the day, where even sad-emoji storylines saw love triumph and goodness reign — The Crown, tracking the earliest years of Queen Elizabeth II — is a darker chocolate still.

Its core subject is power — be it gender politics (a girl at 25 years old becoming, in 1952, the most famous woman in the world), the chessmanship of palace courtiers, the see-saw between her and Winston Churchill (who's in the winter of his life — and the first of 13 prime ministers, and counting, she'll come up against).

Another thing: in the way in which The Crown leeches off far-away-but-not-too-far history, it's the best such series since Mad Men, with some of the same nuance and empathy. (There is, for instance, one fabulous scene involving the elaborate pantomime involved in connecting phone lines, in an attempt to put in a call from the Queen's sister, Princess Margaret, to Her Majesty.)

And, OK, while I'm comparing other shows, let's just say that the way in which The Crown throbs with the tensions of social codes, broken at the breaker's peril — not to mention the insidiousness of emotional repression — it's dicier that anything you'll see on The Walking Dead.

CORRECTION

Incorrect information appeared in the Friday, Oct. 28 Netflix horror movie roundup. Only three of the listed films are streaming in Canada. A new list has been posted at metronews.ca. METRO

Claire Foy nails the role of Queen Elizabeth II in both her girlishness and her steeliness, while bringing us the origin story of a woman who's been famous for longer than any other on earth. CONTRIBUTED

OBSERVATIONS FROM THE CHEAP SEATS

1 Households, meet names

The ensemble is top-notch, The Crown providing a fresh crop of names we're going to be seeing a fair amount in the celebrity ecosystem. Claire Foy's eyes do a lot of work here, her Elizabeth II never better than when she is watching and being watched.

Matt Smith, who plays Prince Philip — the one-time navy cadet who must deal with kneeling to her at the coronation — is also a standout.

2 Sister, sister

Whatever psycho-warfare that went forth between Mary and Edith in Downton Abbey looks like positive child's play compared to the pas de deux between the Queen and her sis, Margaret, in The Crown. The latter, who eventually begins lashing out against the monarch both to her face and through subtle digs through the press, has to live in the Queen's proverbial shadow. Vanessa Kirby, who plays Princess Margaret, is on point.

3 In exile, a former king

The first few episodes of The Crown are best viewed as kind of sequel to The King's Speech. It all gets going, that is, with King George VI, played by Jared Harris, on the throne, his health slowly fading.

Meanwhile, the ghosts of a previous world-stopping scandal — when Edward VIII abdicated the throne some 16 years prior in a desire to marry American divorcee Wallis Simpson — looms in the corners. Both Edward and Wallis show up, and the two of them begin acting as a kind of Greek Chorus on the goings-on at Buckingham Palace. The hate, meanwhile, is mutual.

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Caviar dreams on a tuna can budget

SPENDING

The lure of the label is causing many to go into debt

Gail Vaz-Oxlade
For Metro Canada

Buying based on the label is not a smart idea, advises Gail Vaz-Oxlade. ISTOCK

There's a trend among folks to define themselves by the brands they buy. The people fall for brand names, and they fall hard, whether it's a designer handbag or a hot new piece of technology.

It seems these people's self-esteem is less about what's inside and more about how they can get other people to admire — or is it envy — them.

Designer labels were once the domain of the wealthy, but easy access to credit has let people buy crap with a label they really can't afford and still pay their rent.

If they had to choose, I wonder how many would have opted to spend their monthly food allowance on a high-priced brand? But later, as their disposable income is eaten by monthly payments, they beat their breasts and wail about the mess they've made.

So why are people willing to go into debt for the dubious pleasure of saying that they own a specific brand?

Could the lure of the label be more than just a case of "Wannabe Wonderful"?

From the Institute of Education at National Sun Yat-Sen University in Taiwan comes research that demonstrates brands matter to people's egos. And it's not just the young who are susceptible.

In one experiment, seniors were asked to compose resumes on Macs, some with generic keyboards and some with Apple accessories. Y'know what? Those assigned to the computers with generic accessories expected to make less ($976) than those who used the Apple accessories ($1,071). What's up with that?

In a second experiment, after completing complicated dating profiles, students were given the phone number of their "match" and a phone in which the battery was dead.

Researchers gave half the students a generic replacement battery and the other half a brand-name battery.

After five-minute phone calls, students were asked to rate, on a scale of 1 to 7 (1 being "least attractive" to 7 being "very attractive"), how they thought their matches would rate them.

Those using the generic product rated their attractiveness at an average of 3.7; the brand-name group rated themselves at 4.6.

Have we become so brand-focused that the kind of battery we use impacts our self-perceptions? Wow.

And how do we protect our children from this phenomenon?

I know I don't want either of my kids to believe that they can buy a sense of self. I want that sense of who they are to come from what they achieve and how they interact with the world.

I want them to know who they are. I want them to be happy and I want their stuff to play no role in defining them.

For more money advice, visit Gail's website at gailvazoxlade.com

$ MONEY

Making choices

Are you a brand hound? Does the label matter so much that you wear it like a badge of honour? And do you spend money you could be saving for your future to impress others and, perhaps, yourself? Some brands come with quality assurance. Some are simply a signal to others that you're special because you can afford the label. But if you can't actually afford the label — if you're buying anything on credit — then the image you're creating is a lie. And you should stop lying, at least to yourself.

GAIL VAZ-OXLADE/FOR METRO

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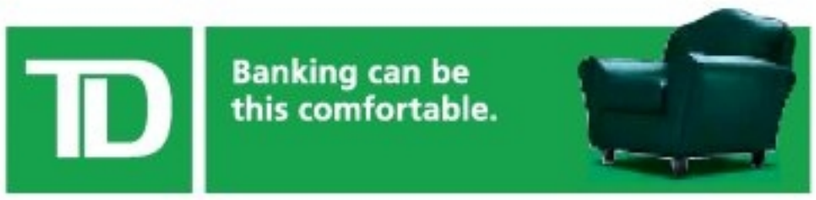

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metro SPORTES

Gareth Bale's contract extension with Real Madrid will make him the highest paid soccer player at a reported 150M euros over the next six years

Ross inspirational as Cubs refuse to give up on dream

WORLD SERIES

Veteran catcher drives in key run to take it back to Ohio

David Ross isn't done just yet. Same for Jon Lester and the Chicago Cubs.

Ross played a starring role as the Cubs stayed alive in the World Series, topping the Indians 3-2 in Game 5 on Sunday.

The veteran catcher, who plans to retire after the season, had a superb night behind the plate and delivered a clutch sacrifice fly in a key spot, helping Chicago to its first World Series win at Wrigley Field in 71 years.

He even got a shoutout from Pearl Jam frontman Eddie Vedder, who dedicated "Take Me Out to the Ball Game" to Ross during the seventh-inning stretch of his final home start.

"We love you Rossy," Vedder said as the crowd roared. "Let's take this show to Cleveland!"

Ross and his good buddy Lester also combined to slow Cleveland's attack after the Indians rolled to a 7-2 victory in Game 4 on Saturday night.

Lester bounced back from a so-so outing in the series opener, pitching six solid innings to improve to 3-1 with a 1.93 ERA in five playoff starts this year.

Cubs' Kris Bryant rounds the bases after hitting a home run in the fourth inning against the Cleveland Indians but catcher David Ross was the star for Chicago. EZRA SHAW/GETTY IMAGES

It was a familiar performance for Lester, who helped Boston win the World Series in 2007 and 2013. The left-hander was 3-0 in three career starts in the Fall Classic before dropping Game 1 against Cleveland when he was nicked for three runs in 5 2/3 innings.

Ross' Game 5 included a pair of adventures in foul territory. He had one foul pop go off his glove near the railing of the visitor's dugout, but first baseman Anthony Rizzo was there for a juggling catch. He collided with Rizzo on a foul popup in the fourth and held on for the out.

But Ross put together his best work when he stayed behind the plate. He did a solid job of framing close called third strikes to Brandon Guyer in the fifth and Jason Kipnis in the sixth. After Kipnis' strikeout, Ross cut down Francisco Lindor trying to steal second for the final out.

Ross' defensive work was particularly important with Lester having his usual struggles with runners on the basepaths. The Cubs trailed 1-0 before scoring three times in the fourth. Ross capped the rally with a fly ball to left with the bases loaded, driving in Ben Zobrist.

Ross, nicknamed "Grandpa Rossy" by his young teammates, was taken out for a pinch hitter in the sixth, and he shared a hug with Lester in the dugout. Lester and Ross have been together for years and often hang out together off the field.

Lester agreed to a $155 million, six-year deal with the Cubs in December 2014, a key moment in the club's climb to NL powerhouse. Ross then followed Lester to Chicago for a $5 million, two-year contract, and quickly became a mentor for some of the team's emerging players. THE ASSOCIATED PRESS

GAME 5 In Chicago

3	2
CUBS	C

NFL

Seahawks denied by Saints' solid D

SUNDAY in New Orleans

25	20
SAINTS	SEAHAWKS

Sean Payton had a surprise in store for a Seattle defence that thrives on harassing quarterbacks and physically intimidating receivers. The Saints coach dialed back New Orleans' prolific passing game and challenged his running backs and offensive line to deliver as much punishment to Seahawks defenders as they could.

Drew Brees wound up well short of his typical passing numbers in the Superdome — 265 yards and one touchdown — but the Saints (3-4) pulled out a 25-20 victory they sorely needed to improve their prospects for climbing back into the NFC playoff picture.The victory wasn't assured until the New Orleans' much-maligned defence, which entered the game ranked 29th in the NFL, came up with a stop on the Seahawks' final drive, which started on the Seattle 32 with 1:50 left.

Russell Wilson took the Seahawks (4-2-1) to the New Orleans 10, where he had one final play. He lofted a pass toward the corner of the end zone, where Jermaine Kearse caught the ball, but landed out of bounds.

"It was close. I tried to give him a shot," Wilson said of his last throw to Kearse, adding that cornerback B.W. Webb "did a good job of trying to drive him out of bounds". THE ASSOCIATED PRESS

Seahawks' Jimmy Graham is hunted down by the Saints' Nate Stupar. GETTY IMAGES

CFL

Als prevail to deprive Stamps of win record

Alouettes quarterback Rakeem Cato threw for 113 yards and a touchdown and ran for another 75 yards as Montreal stunned the league-best Calgary Stampeders 17-8 on Sunday.

Vernon Adams threw for 106 yards for Montreal (6-11-0) before leaving the game with an injury at the start of the third quarter. Wide receiver Tiquan Underwood had 77 receiving yards and a touchdown.

QB Drew Tate went 22 for 37 for 218 yards and two interceptions for Calgary (15-2-1), which had its 14-game winning streak snapped.

The Stampeders, who hadn't lost since June 25, also failed to tie the single-season CFL wins record. THE CANADIAN PRESS

SUNDAY in Montreal

17	8
ALS	STAMPS

IN BRIEF

Durant top scorer as Warriors hold off Suns

Kevin Durant scored 37 points, Stephen Curry added 28 and the Golden State Warriors held off the pesky Phoenix Suns 106-100 on Sunday.

The Warriors didn't seal the victory until Curry's two free throws with 12.9 seconds to play. Durant added a pair of free throws with seven seconds left to provide the final margin.

T.J. Warren led the Suns in scoring with 26 points. THE ASSOCIATED PRESS

MLS PLAYOFFS

Dallas in trouble as Sounders go 3-0 up

Nicolas Lodeiro scored twice and Nelson Valdez added a goal — all in an 8-minute span early in the second half- and the Seattle Sounders rolled past FC Dallas 3-0 on Sunday night in the first leg of the MLS Western Conference semifinals.

Dallas, winner of the Supporters Shield with the best regular-season record, now must score at least three times when the teams play the second leg in Texas next Sunday to keep its season alive.

Valdez headed Seattle ahead on 50 minutes before Lodeiro made it 2-0 five minutes later and 3-0 on 58 minutes. The attacking midfielder from Uruguay converted two close range chances in three minutes. THE ASSOCIATED PRESS

1ST LEG RESULTS

Toronto FC 2-0 **NYCFC**
LA Galaxy 1-0 **Colorado**
Montreal 1-0 **NY Red Bulls**

RECIPE Roasted Pepper Penne

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You know when you don't have time to make dinner? This is the meal you make. Enjoy the sweetness of roasted peppers, creamy cheese and satisfying pasta.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients
- 500g penne
- 4 peppers (red, yellow and orange)
- 2 shallots, sliced
- 1/4 cup olive oil, plus 1 tbsp
- salt
- 1 large clove garlic
- pat of butter
- 1/2 cup shredded Asiago cheese (you can use parm too!)
- handful basil leaves, chopped

Directions

1. Preheat oven to 400 and prepare baking sheet with non-stick spray.

2. Dice peppers into bite-sized pieces and slice shallots into strips. Toss with 1 Tbsp of olive oil and salt. Roast in the oven until tender and browned, about 15 to 20 minutes.

3. In a big pot of salted water, prepare pasta according to package directions. Before draining, reserve 1/4 cup of pasta water.

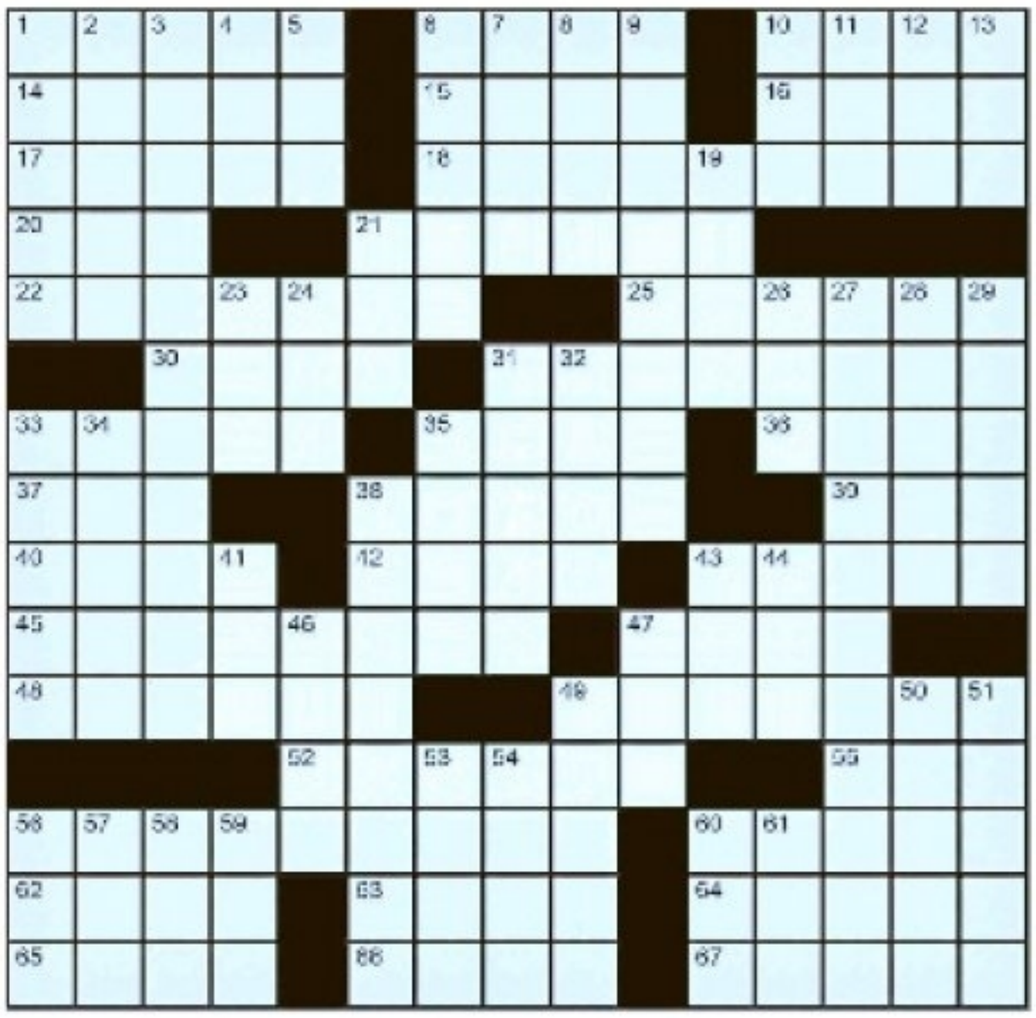
4 Place drained pasta back into pot over no heat. Stir in reserved water, about 1/4 cup oil and butter. Using a micro plane, grate clove of garlic into the pasta. (while the pasta is hot so it cooks the garlic a bit.) Stir in the roasted peppers and cheese.

5 Stir in basil and then sprinkle the top with a bit more cheese, serve and enjoy!

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _-_'-lantern
6. Diane of "Something Wicked This Way Comes" (1983)
10. Mr. Stoker
14. Mistake
15. Tell __ (Deceive)
16. Creature in Jodie Foster's 1991 thriller
17. Rendezvous
18. "Halloween" (1978) star Donald
20. Faucet
21. False
22. Fred of "Ghost Story" (1981)
25. Halloween costume
30. Sky toy
31. Vampire's favourite colour: 2 wds.
33. "All kidding __..."
35. Cruel
36. Hurting
37. Ancient 300
38. Torch's topper
39. Not 'neath
40. "Happy Birthday to Me" (1981) dessert
42. Skeleton's forearm
43. Harold of "Ghostbusters" (1984)
45. Shakes with fear
47. __ and gore
48. __ killer
49. Ellen of "The Exorcist" (1973)
52. Appearances
55. Promise to pay
56. 2002 horror about a giant prehistoric killer shark
60. Not slashed
62. Wickedness
63. Flemish painter, Jacob van __ the Elder
64. Some sharks
65. Samhain celebrator
66. Utmost degrees
67. Annoying

DOWN
1. Volkswagen model
2. Tapestry wall†hanging
3. "Monster Mash" bit: "...with their vocal group, 'The _-__ Five'."
4. Initials-sharers of Black Sabbath's famous lead singer's daughter
5. Supper fragment
6. Oversight
7. Ballet move, Pas __
8. Prie-__ (Prayer bench)
9. Sci-Fi horror of 1983 directed by David Cronenberg, based on Stephen King's novel, with The: 2 wds.
10. Wheat: French
11. Sprinted
12. "The Walking Dead" US airer
13. British honour [acronym]
19. "Weeell??"
21. 'Post' opposite
23. Help
24. 'Meteor' suffix
26. Pros in 1982 horror flick "Visiting Hours"
27. Witch transports
28. "Able was ___ saw Elba." (Palindrome)
29. Broadway star Linda's of Jekyll & Hyde
31. Jelly __ (Sweet treats)
32. Priest of Tibet
33. Bank customers have them, e.g.
34. Frighten
35. 'Miss' in Paris [abbr.]
38. Werewolf's illuminator: 2 wds.
41. Record co.
43. Sci-Fi play
44. French actress in "The Da Vinci Code" (2006) ...her initials-sharers
46. Release-from-the-slammer payment
47. "Psycho" (1998) director Mr. Van Sant
49. Tendencies
50. "Did you survive??": 2 wds.
51. Pecan-ish
53. Just ___ on the map
54. "Fancy that."
56. Li'l garage worker
57. All Hallows' __
58. Mr. Bellows of "House at the End of the Street" (2012)
59. Carol of 2004 TV movie "Snakehead Terror"
60. MLB official
61. Scottish turndown

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have lots of energy today to attend to banking needs, as well as anything related to shared property and inheritances. You will defend your own best interests, that's for sure.

Taurus April 21 - May 21
Discussions with partners and close friends will be lively today! You also will attract energetic people.

Gemini May 22 - June 21
You can get a lot done at work today because you're on the ball and full of energy! A female co-worker might help you. Do whatever you can to get better organized.

Cancer June 22 - July 23
This is the perfect day for Halloween because the Moon is in Scorpio. (Boo!) Scorpio is all about skeletons, spiders, snakes, secrets and scary moments!

Leo July 24 - Aug. 23
Your interaction with a family member will be powerful today. Quite likely, this person will be a female. Just go with the flow and be agreeable. (Wear a mask if necessary.)

Virgo Aug. 24 - Sept. 23
Short trips, errands and conversations with others will make this a busy day. Parents will get out with their kids to go trick-or-treating.

Libra Sept. 24 - Oct. 23
You have good moneymaking ideas today, which is why you should give them some serious thought. Some of you will think of ways to make home improvements.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which gives you lots of energy for Halloween stunts. Believe it or not, Halloween is a Scorpio holiday. (Who's behind that mask?)

Sagittarius Nov. 23 - Dec. 21
You will enjoy being in costume today, because Venus is in your sign. Sagittarians love all kinds of holidays, because they're an excuse for fun and good times!

Capricorn Dec. 22 - Jan. 20
Your interaction with a female friend will be fun and energetic today! Get into the spirit of things. Hand out some candy to the kids in your neighborhood.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. (I guess someone will find out you always wanted to fly a helicopter.) Trick or treat!

Pisces
Feb. 20 - March 20
If you can travel today, by all means do. If you can't travel, just look outside, because Halloween costumes might be a stimulating change.

CONCEPTIS SUDOKU by Dave Green

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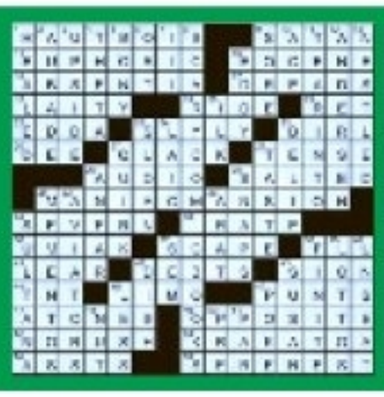

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